

ABSTRACT

A jacket for a person engaged in a pitching activity is described herein for retaining warmth in the arm and upper extremity muscles used in pitching. It is desirable for pitchers to retain warmth in the favored arm and upper extremity muscles, in order that these muscles remain loose and flexible to prevent cramping and tightening. The jacket includes a sleeve and upper extremity portion proximate the sleeve for the pitching arm, while the non-pitching arm and the associated upper extremity portion are not covered by the jacket. The jacket includes a portion covering the upper extremity of the back that surrounds the body and helps maintain the position of the jacket during activity. A fastener element is provided to permit the jacket to be engaged and separated from the wearer. The jacket provides coverage and warmth without restricting motion and, therefore, is designed to allow freedom of movement for the athlete while actively engaged in activity or when idle awaiting return to play.